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The Finnish Twin Registry.

The main goal of this study is to elucidate the role of environmental factors in the manifestation of diseases and in mortality, using a twin registry which enables standardization of the genetic factors. The groups of diseases of primary interest are: (1) degenerative coronary diseases; (2) degenerative disorders of cerebral circulation; (3) chronic pulmonary diseases: bronchitis and emphysema; and (4) malignant tumors: cancer of the lung, ventricle, rectum, breast and cervix. The environmental factors of primary interest are: (1) smoking; (2) use of alcohol; (3) psychic and social stress factors; (4) anamnesis of training, family and work; and (5) physical activity.

Size of register: All twin pairs of the same sex living in Finland, born 1957 or before. Sources of data: The computerized personal register of the State, which is the source of the addresses of the twins. The main part of the basic information will be obtained from mailed questionnaires. The main means of the follow-up of morbidity and mortality are the computerized registries: the hospital register and the register of the causes of death.

The program of the first year is to establish the address register and to mail the first questionnaire with coding and punching the answers received and to start the follow-up.

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